



FREE Yoga Class with Janet Alexander

Jan 12, 2010

Kellogg Church, Rt.123

4:00 to 5:15 p.m.

Stay for light refreshments and
meet the

Yoga community in Harpswell!

Registration required

(Space is limited)

Contact information below

(not a church sponsored event)

Contact Janet Alexander at 729-8842

Or email janetalexander@bodyandsoulyoga.me

**Check out Body and Soul of Harpswell website for all class listings
www.bodyandsoulyoga.me**

Instructor

Janet Alexander has 8 years teaching experience, and 17 as a practitioner. Learn to breathe, stretch gently to increase flexibility, relax more deeply, strengthen the body and improve balance. All levels welcome. No experience necessary.

Regular classes held at; Kellogg Church, Harpswell Town Office and New class for 2010 at Dipper Cove Club House.